

# Ramadhan Reset

*Reflections & Introspections before starting this blessed month*

*What does Ramadhan mean to me?*

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ

*Ramaḍān is the month in which the Quraṇ was revealed*

هُدًى لِلنَّاسِ وَبَيِّنَاتٍ مِنَ الْهُدَى وَالْفُرْقَانِ

*as a guide for humanity with clear proofs of guidance and the standard 'to distinguish between right and wrong'.*

فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ

*Ramaḍān is the month in which the Quraṇ was revealed*

*Quran 2: 185*

Month of the  
Quran



شهر القرآن

رَمَضَانَ

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ

*O believers! Fasting is prescribed for you*

كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

*—as it was for those before you—so perhaps you will have taqwa.*

*Quran 2: 183*

Month of  
Fasting



شهر الصيام

NOTES

# التَّقْوَى ← Ramadhan Reset

"To have *Tagwa* means to develop a sense of protecting yourself"

- Nouman Ali Khan

*What is the relationship between taqwa & fasting?*

## Last Ramadhan

*What struggles did I face?*

*What successes did I achieve?*

*How did I handle them?*

*How did I do it?*

# Ramadhan Reset

*The good habits I had:*



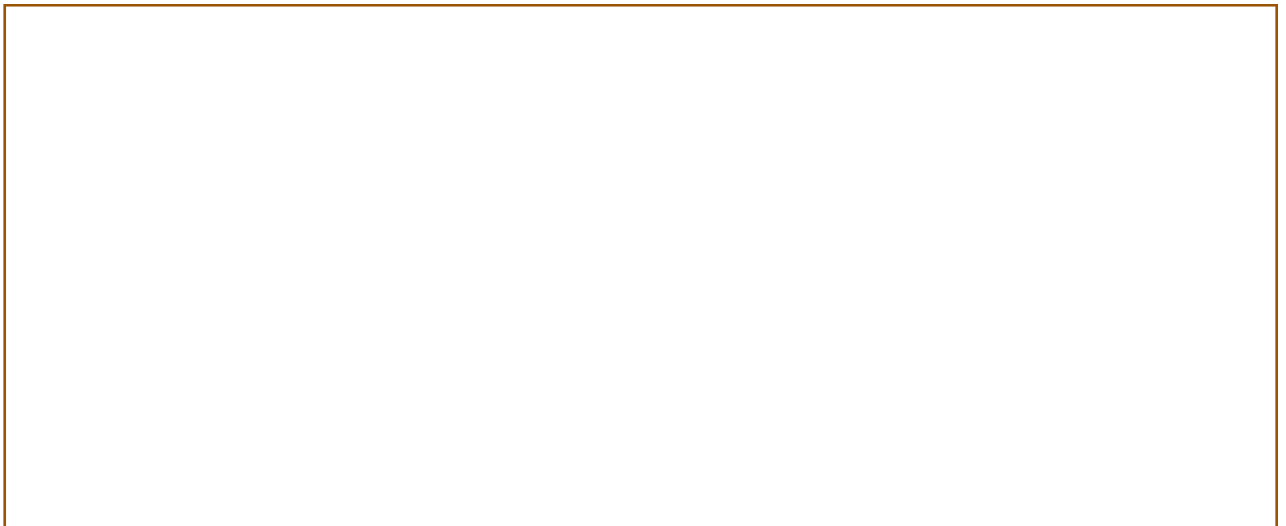
*The bad habits I had:*



*What did I learn/experience that helped me grow during the year?*



*What goals did I have & did I achieve them? If not, why not?*



# Ramadhan Reset

*Brainstorm about things you would like to achieve/experience/do this Ramadhan in shaa Allah.  
(Use the prompts in the next page to find some ideas)*



# Ramadhan Reset

*What is important in my current season of life?*

→ *How can I prioritize this?*

*What area of my life needs change most urgently?*

*What can I let go of?*

*What am I grateful for?*

*What do I want to give back?*